IC encourages COVID self-management

BY RYAN JOHNSON
ASSISTANT NEWS EDITOR

The Washington Post reported Feb. 13 that the Center for Disease Control and Prevention (CDC) would be loosening COVID-19 guidelines and shifting from a five-day quarantine period to a one-day recommended quarantine period. There is no official date for the change and under the new guidelines, the CDC will recommend that people return to work or school after they have been fever-free for 24 hours.

Jennifer Metzger, director of Student Health Services, said via email that the process of municipal review for flood costs has commenced and individuals have until May 1 to appeal mistakes in the suggested maps. There is no firm date for the release of finalized maps, but they will be implemented at some point in 2024, according to FEMA.

Kate Sims, co-chair of the Ithaca Tenants Union, said that in situations like these, tenants are usually the ones directly impacted.

“Renters bear the additional cost because usually costs when raised, landlords often pass it on to tenants,” Sims said. “That’s typically how it works.”

Flood insurance can be bought through the National Flood Insurance Program and typically costs around $850 but it can vary depending on different features of the property the insurance is being bought for and flood insurance providers.

Caroline Feindel ’99 is a renter in Ithaca who lives in Fall Creek, a Special Flood Hazard Area that warrants flood insurance for the property. Feindel said that having flood insurance is important, even though it may not seem like it.

“We do live in a valley,” Feindel said. “We are on the edge of a lake. I don’t think a lot of people in this town realize just how easily a flood could happen … the lower parts of Ithaca.”

Feindel said she has not received communications from her landlord about the added cost of flood insurance, but if she does, she would not want to pay it for completely out of pocket. Kumar said the common council should find a solution to prevent tenants from bearing the additional cost.

It is a common council responsibility to make sure that the cost of climate change [doesn’t] offset our most marginalized communities,” Kumar said. “I also think that the fact that we have a majority [on the council] speaks to the fact that not only was there a council with the willingness to, but also there’s an electorate’s belief to hold us accountable for providing for renters.”

Flood insurance and the Southside

Surrounding Fall Creek, where Feindel lives, is Southside. Southside is a historically Black neighborhood that has existed for over 150 years. According to an article by The Nation, the new flood maps could catalyze the gentrification in the area by displacing those who cannot bear the cost of the added flood insurance.

Chavanaugh, executive director of the Southside Community Center, said the added flood insurance can add up along with other costs like taxes.

“Some of the elderly people in the neighborhood are holding on to their houses by the skin of their teeth,” Swarts said. “Having to pay extra insurance is going to be tough, especially if you’re paying already $4,000. And then on the high end, the flood insurance I think is between $1,000 and $5,000.”

Cornell University Senior Meher Bhatia, science editor of the Cornell Daily Sun, wrote the article for The Nation. She said the added flood insurance cost adds a burden to underrepresented renters.

In December 2022, Ithaca won a $800,000

Proposed flood maps impact affordability

IC stopped offering testing locations and quarantine spaces in May 2022. In November, free self-testing kits also expired.

COVID, PAGE 4

FAFSA delays result in limbo

BY EMMA KERSTING
PODCAST EDITOR

The U.S. Department of Education (ED) announced Jan. 30 that data from the free Application for Federal Student Aid (FAFSA) would begin to be sent to institutions around the country by mid-March, a significant delay from the originally-established timeline of late January.

This change to the FAFSA timeline will likely mean prospective students and their families will have less time to decide on a college or university while also considering the financial aid packages offered to them, however, Ithaca College will not extend its Decision Day deadline.

The FAFSA form was recently given a makeover in 2022 to make the application process easier for students and families in need of federal aid, which involved pushing the date the application opens from Oct. 1 to Dec. 30.

A letter from Miguel Cardona, U.S. Secretary of Education, was sent to presidents and chancellors of higher education institutions Feb. 12 with an update on the delays and the steps the ED is taking to support them.

“If overhauling a system that hasn’t been the country by mid-March, a significant delay from the originally-established timeline of late January.

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“If overhauling a system that hasn’t been
Jordanians hold a protest in support of Palestinian people

Jordanians called in downtown Amman and various governorates Feb. 16 after Friday prayer in solidarity with the Palestinian people and in protest of the Israeli war against the Gaza Strip.

Protesters chanted slogans calling for an immediate halt to the Israeli aggression in the Gaza Strip that left thousands of people killed and wounded.

They also condemned the international community’s silence on the ongoing massacres in Gaza and decried the double standards of the international community toward the repercussions of the war on the besieged strip.

The demonstrators also praised the position of the Kingdom in support of the rights of the Palestinian people and called for ceasing all forms of cooperation with Israel.

Ground staff are planning to strike Lufthansa Airline Feb. 20

More than 100,000 Lufthansa passengers face delays and disrupted flights this week starting Feb. 20.

Lufthansa said Feb. 18 that it was working on an emergency schedule. Airports in Frankfurt, Munich, Hamburg, Berlin, Dusseldorf and Cologne-Bonn will be impacted.

All ground staff, including maintenance and check-in personnel, have been called out, with the result that large-scale cancellations can be expected.

Six police officers are injured as Eritreans clash in The Hague

Violent clashes in The Hague between supporters and opponents of Eritrea’s authoritarian government resulted in injury to six police officers and considerable damage to property, police in the Dutch city reported Feb. 18.

Police and emergency service staff were pelted with stones and fireworks as the opposing groups clashed at an events center in the city on Saturday evening.

Thirteen men between the ages of 19 and 56 were arrested, police said.

Two police vehicles and a coach were completely burnt out, and other vehicles seriously damaged. The center, where the pro-government group had organized a gathering, was also damaged.

Netanyahu confirms an offensive in Rafah

Israeli Prime Minister Benjamin Netanyahu confirmed Feb. 17 that an Israeli military offensive would be launched in Rafah in the southern Gaza Strip despite international warnings. Netanyahu said Israel will ignore international pressure.

SOURCES: TRIBUNE NEWS SERVICE
Radioactive gas not tested for in county

BY VIVIAN ROSE
ASSISTANT NEWS EDITOR

Radon is an invisible, odorless and radioactive gas that is prevalent in 4 out of the 52 counties of New York state and is the second leading cause for lung cancer in the U.S. according to the Centers of Disease Control and Prevention. New York state, however, does not require testing for radon in any building or any institution.

Tompkins County is located in a high-risk area for radon, meaning 59% of basements in the county have more than 4 picocuries per liter of radon, the EPA's limit for safe radon exposure. Basements are typically tested for radon because they are the lowest level in a house, where radon typically builds up. Radon is derived from Uranium-238 and Uranium-238 gas is in the ambient air.

According to the 2022 United States Census Bureau, 37.7% of people ages 25 and up have a bachelor’s degree. And, in 2021, it was reported that 35% of basements in the county had high levels of radon, meaning the residents of Tompkins County are located in a high-risk area for radon.

IC reflects on value of college degrees

BY JADYN DAVIS
SENIOR WRITER

To some companies are continuing to phase out bachelor’s degrees as a job requirement, members of the Ithaca College community discuss the value of a college degree and alternative educational paths.

According to the 2022 United States Census Bureau, 37.7% of people ages 25 and up have a bachelor’s degree. And, in 2021, it was reported that 35% of basements in the county had high levels of radon, meaning the residents of Tompkins County are located in a high-risk area for radon.

IC, former dean reply to lawsuit

BY SYD PIERRE, PRAKIRTI PANWAR
EDITORS IN CHIEF

Ithaca College and Bryan Roberts, former associate dean of the Roy H. Park School of Communications, filed replies Feb. 19 and 20 to support their original motions to dismiss claims made against them by an anonymous student at the college in a lawsuit for Title IX and sexual harassment complaints.

Emily Rockett, vice president, general counsel and secretary to the board of trustees at the college, said via email that documents in the case from here on depend on the judge’s ruling.

“All parties are awaiting the judge’s ruling on the motions to dismiss,” Rockett said. “The judge’s ruling on the motions will determine the next steps.”

The suit, known as John Doe in the case, filed his replies against the motions to dismiss Feb. 12. Erin Peake, Doe’s lawyer, declined to comment.

Peter McConn, Roberts’ lawyer, did not reply to a request for comment.

No party requested oral argument. Now that the pre-trial discovery period is over, according to the United States District Judge Glenn T. Suddaby of the Northern District of New York will rule on the motions to dismiss. Applicable court rules do not require that the judge decide the motions within a required time period.

Replies from College and Roberts:

Title IX framework

The college argues that the basis of this argument falls under Title IX procedures and “because plaintiff has not alleged ithaca had prior notice of any employee’s propensity to commit specific acts of sexual harassment.” In his reply, Roberts also states that because he was an employee of the college, not an employer, Doe’s claims of Negligent Hiring, Supervision, Retention and Training should be dismissed against him.

Corporate Complicity Doctrine and Superior Officer Rule

The college argues that corporate complicity can exist only when the officer is superior, but Roberts is not. The college also notes that even if Roberts was considered a superior officer, “Ithaca’s complicity cannot be established because the alleged harassment was outside the scope of Roberts’ employment.”

In his reply, Roberts argues that Doe failed to “pled facts that plausibly establish Mr. Roberts was a Superior Officer at Ithaca College,” so even if negligence claims are not sufficiently pleaded.

Negligent Infliction of Emotional Distress Claim

The college argues that the “conduct relied upon to support the plaintiff’s NIED claim is identical to the conduct underlying his other negligence claims,” which is why it should be dismissed.

Roberts also states that Doe’s claims for “painful acts that plausibly establish Mr. Roberts does not owe a duty to Plaintiff”.

Intentional Infliction of Emotional Distress Claim

The college argues that Doe’s IIED claim fails because he presents no facts to support the claim, does not prove the existence of extreme or outrageous conduct, does not allege that the conduct was intended to cause harm and the claim is duplicative.

Roberts argues that Doe did not plead enough facts for his IIED claims for IIEA against Roberts should be dismissed.

All parties are awaiting the judge’s ruling on the motions to dismiss. Applicable court rules do not require that the judge decide the motions within a required time period.
has not yet opted into the act. 

ETPA places caps on rent increments, hence establishing a much longer-term solution. But the planning process to get this done on this issue, it needs an immediate solution.”

Economics of housing

In the long term, however, Sins said that opting into the Emergen-

cy Tenant Protection Act (ETPA) might help with the overall issue of rising rents.

Many current Common Council members, like Phoebe Brown, Jorge DeFendini, Kay-

la Matow and Kamar, ran on an ETPA platform.

In March 2023, the Common Council passed a resolution ex-

Pressing support for the ETPA but not has yet opted into the act.

“ETPA is a really great right to Renew Leases, essen-
tially prevents landlords from evicting tenants without a “good cause” hence shifting power back to renters.

Kayla Lane, secretary on the Landowners Association of Ithaca,

County (LATS) board of trustees, said while Good Cause Eviction seems like an ex-

emplery idea, it does have adverse impacts on property owners that
do not impact current students, but it is important

 Lane said that even though rent stabilization measures do not exist in Ithaca, behavior trends of ren-
ters do tend to place a ceiling on rent

prices.

“I could put a studio apartment in Dryden for $1,300 a month and I guarantee nobody is going to

contact me about it,” Lane said. “There is still that supply and demand or what the market would... allow for rent levels.”

Kamar said that before the Common Council meeting sched-
uled for March, the council will meet for a legislative retreat where they will establish what goals they specifically want to focus on during the year.

“What our deliberations are going to [look like at the legis-
lative retreat] will be extremely instrumental in terms of deciding what the rest of the year is going to look like,” Kamar said. “ETPA is the number one priority for me. I’m going in with that in mind.”

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**CONTACT:** CALEB KAUFMAN/THE ITHACAN

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Good Cause Eviction is another bill that has been a topic of discus-

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Along with Smoker, Sarah Germonprez, lecturer in the Department of Accounting and Business Law, is the site manager for the VITA at the college. Smoker said that this year, VITA at the college has around 200 clients.

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Smoker said the partnership between IWR and VITA at the college is fulfilling one aim to ease the tax filing process as much as possible for both IWR clients and international students at the college.

Senior Beisem Gürkaynak, an international student from Cyprus, said she was easily able to navigate the entire process with the VITA with the college’s help.

“She is pretty helpful,” Gürkaynak said. “She explained the whole process to me and helped me understand it.”

“I get the tax reduction. If it wasn’t for VITA, I wouldn’t have been able to file my taxes.”

When asked how the system works, was literally a daunting process. Gürkaynak said. “I’m from Cyprus, and I didn’t know that if I earned less than $2,000 for the year … I get the tax reduction. If it wasn’t for [Smoker], I wouldn’t know that.”

Senior Casey Verderosa, the executive director of IWR, said via email that for refugees, filing taxes in a country where they are still settling can be a daunting process.

“It can be overwhelming to navigate the U.S. tax system while dealing with all the other stresses of resettlement—learning a new culture and language and worrying about family back home,” Verderosa said.

“So we feel that any way that IWR and the rest of the community can alleviate burdens and provide clarity [for refugees] is a boost.”


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The Volunteer Income Tax Assistance (VITA) program is a service that is offered by the IRS that provides help in filing taxes to understand tax exemptions.

VITA at Ithaca College also provides free support to international students who may not be familiar with the tax filing process in the U.S. VITA was founded in 1971 and since then has resulted in the development of more than 8,000 clinics across the country.

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LGBTQ+ Affinity Group meet and greet for prospective members

The LGBTQ+ Affinity Group for faculty and staff will be holding its first event of the semester from 3:30 to 5:30 p.m. Feb. 22 in the Clark Lounge. The event will be a meet and greet to welcome current and potential members for an evening that centers around the LGBTQ+ community and experience. There will be a potluck dinner and an open forum for questions. People with questions or needing accommodations should reach out to Cima Dalgon at cidalgon@ithaca.edu or 607-274-7794. Re- quests for accommodations should be made as soon as possible.

Dr. Gerardo Pignatiello discusses betrayal plot of “tango fiction”

The Latin American and Caribbean Studies Program is inviting the campus community to a lecture led by Dr. Gerardo Pignatiello, assistant professor of romance languages and literatures at Binghamton University. The talk is at 11 a.m. March 5 in the Ithaca Falls Hall, entitled “‘Ten cuida do la mano’ – violence and rationalised violence in the Southern Cone of Latin America.”

Pignatiello will discuss the betrayal plot in tango and how it explains a variety of relationships. To avoid these betrayals, tango lyrics can advise, threaten or “kill.” The presentation will explore the representation of these different types of violence in the Golden Age of the “tango canson,” 1910 to 1955. Pignatiello has a Ph.D. in Romance Languages from the University of Pennsylvania.

His research focuses on crime and detective fiction (literature and film) in the Southern Cone of Latin America. The talk will be in Spanish. Individuals with disabilities requiring accommodations should contact Camilo A Malagon at cmalagon@ithaca.edu. Requests for accommodations should be made as soon as possible.

Applicants needed for James J. Whalen Academic Symposium

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COVID-19 guidelines are unclear and insufficient

This semester there are few restrictions in place at Ithaca College to control the spread of COVID-19. This lack of clear guidelines lends itself to a campus that is at risk for an unwell student body.

Students who test positive and live on campus are expected to isolate themselves in their dorm rooms for a minimum of five days and until they have not had a fever for 24 hours. While this period of isolation is encouraged, there is no method for reporting a positive test or a way for students to follow if they test positive or if a close contact, like a roommate, tests positive.

Additionally, there are no longer free COVID-19 tests provided through the school, which could lead to fewer students testing. The college has placed the financial and moral responsibility of handling COVID-19 on students’ shoulders without proper guidance.

Furthermore, faculty members are no longer required to provide dual instruction for students who test positive and live on campus. This could lead to further gentrification, since people who cannot afford the cost of flood insurance will likely be forced to move elsewhere. This displacement may also disproportionately affect communities of color, given that 56.8% of Black employees, 49.1% of Latinx employees and 41.6% of Asian employees make less than a livable wage, compared to just 35% of white employees.

Rather than allowing people to be displaced because they cannot afford new fees, the town should work to subsidize the cost of flood insurance, assuring residents that they are welcome and safe in their community.

In making decisions regarding housing, it is also imperative that the town consults residents. Tenants make up the majority of Ithaca’s population. The people impacted the most by policies should be the ones who are consulted when it comes to big decisions surrounding housing. Ithaca is more than just a town. It is a community made up of working residents who prioritize its residents by addressing the need for affordable housing and involving community members in policy decisions.

In 2022, Ithaca’s flood maps were redrawn and a policy was put in place requiring property owners in Special Flood Hazard Zones to purchase flood insurance. This is likely to contribute to more expenses for tenants, since landlords may increase costs to pay for insurance. This could lead to further gentrification, since people who cannot afford the cost of flood insurance will likely be forced to move elsewhere. This displacement may also disproportionately affect communities of color, given that 56.8% of Black employees, 49.1% of Latinx employees and 41.6% of Asian employees make less than a livable wage, compared to just 35% of white employees.

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Ithaca must combat rising housing costs for residents

As Ithaca becomes an increasingly expensive town to live in, members of the community are being pushed out. It is essential that the Town of Ithaca prioritizes its residents by addressing the need for affordable housing and involving community members in policy decisions.

The living wage in Tompkins County increased from $16.61 in 2021 to $18.45 in 2023, marking an 11% increase. One of the biggest factors in this increase in cost of living is the rental market. A study conducted by the Washington Post found that the average cost of rent in Tompkins County was $1,702 in 2022, a 12.3% increase from 2019. The town must invest in its community by creating policies that combat this cost of living crisis.

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Students face food insecurity

BY GABE HENDERSHOT

COLUMNIST

It is part of a college’s job to ensure that its students have basic needs met while they are in pursuit of their degree. Roughly 10% of all U.S. households experience food insecurity, but among undergraduate students, that statistic doubles. Why are 22% of all undergraduate students in the U.S. experiencing food insecurity, and what can be done to fix it? Unfortunately, the biggest contributor to this systemic issue is one that conversations about education always seem to center around: tuition cost. At Ithaca College, a single semester’s tuition is $28,000. A meal plan will cost you, on average, $3,500 a semester. Students faced with overwhelming costs and mounting debt do not want to pay thousands of dollars a semester for food. This is why students with limited resources are struggling.

The rhetoric surrounding diet and nutrition when it comes to college students is also harmful. Many have heard jokes about students surviving off ramen noodles or pizza. Though these low-cost foods are not inherently bad, they do not provide the nutrition or variability necessary for a healthy diet.

Additionally, students who do not have a dining hall located close to their dorms might struggle to adequately feed themselves. Those who are busy with a full schedule may not be able to make enough trips to the dining hall each day.

Just like many other institutional issues, food insecurity among undergraduate students affects people of color at a notably higher rate. In a study published in 2023, the rate of food insecurity for white students was 18%, while the rate for Black students was a whopping 34.6%. If a problem that affects Black students at a rate twice that of white students was discussed, it would be considered a systemic issue. Postsecondary educational institutions should also focus on the accessibility of their dining halls, making sure that students all over campus have equitable access to food. Lastly, a concerted effort to make meals nutritious and enjoyable will aid students in making healthier choices.

But as societal issues, acknowledge and education are important to reducing food insecurity among undergraduate students. The way these issues have a greater effect on students of color should be acknowledged and given direct focus. Beyond education, however, are the actionable steps students and institutions can take. As students, we should keep an eye on our friends and offer help when we can. Institutions have the more complex task of alleviating food insecurity within their student body. It is not a simple problem, but it is a crucial one in the world of higher education.

Gabe Hendershot (he/him) is a first-year film, photography and visual art major. Contact him at ghendershot@ithaca.edu.

Hobbyists are essential for innovation

BY KAYLEE MAIETTA

SENIOR

A school like Ithaca College is full of creative people, and such artistic interests and talents are not confined to majors. However, there is an unspoken barrier inhibiting our lives and conversations. If a creative interest is not your main pursuit, then your opinion is not valid. This rule isn’t made by creative professionals, nor is it always enforced by them. Often it’s one self who shuts down the conversation before we start it—close ourselves off before we can potentially be judged or embarrassed.

When I was asked to write a commentary, I first considered writing about the effect of the robot and revival resurgence. However, when we start it—close ourselves off before we can potentially be judged or embarrassed. This idea that hobbies cannot be proud of their creative interests or further artistic discussions is both false and harmful.

I was recently talking with a friend that felt impossible to join a music group on campus when there are hundreds of students here learning music professionally. There is a cultural phenomenon where people feel like they can’t be creative or share their creations when they’re not experts. Whether we Gatekeep our own creative or others, it is detrimental to a culture of innovation.

Often, people with casual creative interests have great insights that lie outside the typical academic views. When the culture of creative excellence prevents amateur creative from taking part in the conversation, we lose out on unique insights. It’s the integration of everyone’s ideas and unique backgrounds that lead to new innovations.

Hobbies are outlets for stress and often used as a form of self-care. By participating in an activity that one enjoys, the person can improve their mental health, but right now, many hobbyists are burning out. They close off parts of themselves because they feel like they have to earn the right to have an opinion. This needs to change. We must encourage hobbyists to share their interests rather than dismiss them.

We are a community of creators: artists, musicians, actors, writers and more. But we are not singular. When we share our casual interests and our professions, true innovation is born. Hobbyists and casual creators must be more boldly proud of their passions and share them with the world. Everyone will be better off for it.

Kaylee Maietta (she/her) is a senior communication management and design major. Contact her at kmaietta@ithaca.edu.

Students must actively engage in college

BY ELIZABETH BLEICHER

DEAN OF STUDENT SUCCESS

One of the many benefits of becoming an educated person is that you become harder to take advantage of. I teach to empower students to make informed choices, actively shape their futures and argue with me, so they can evolve their thinking and figure out what they believe for themselves.

So, imagine what it does to my head to hear a student brag, “I skipped most of my classes and still got a ‘B,’” or “I’m graduating and never set foot in the library.” The breathtaking ignorance, the “I don’t need that, it’s not worth my time” mindset, the willingness of the lie that education is equivalent to a diploma, gets me every time.

This is not the place to share the competing theories about the purpose of college that I teach and research. I loathe the commodity model of education, predicated on the assumption that college is merely a commercial transaction. But I will use that language in the hopes of conveying the urgency of what is at stake.

You are not paying for a college degree. To treat college this way is to participate in your own exploitation and oppression. You are paying for access to an abundance of experiences designed by you for experts and the material and human resources that designing and offering these experiences entails. You are only paying for access.

In my first year of college, a friend described a hard conversation he had back home over break. “My friend said college changed me. I said, ‘I sure as hell hoped so because I am not paying all the money to stay the same.’” Hence, the biggest rip off of all. When you don’t go to class, you are not accessing the one experience for which you pay the most, and around which all the other experiences and resources are built. You are not showing up for yourself.

Let’s do a little ballpark math based on Ithaca College’s estimate of annual cost of attendance. Missing one three-credit class that meets three times a week costs you $179. If it meets twice a week, you blow $268 to take a nap. If it’s once a week, you lose $536 on fire. And skipping classes is additive. You do it once, nothing bad happens. You do it twice, before you know it, things snowball, and it’s too embarrassing to go back or dig yourself out of the hole you dug yourself into.

I’m not saying every class period is a life-changing event. Some days I am off my game, or I am one out sick. But I am saying that when you show up for yourself, the time you spend deliberately interacting with a particular group of people to study a chosen subject is the catalyst for your personal change. Every class period is a curated lab experiment, the outcome of which is determined by its class members. But nothing can happen if you do not suit up and show up. At least, nothing can happen for you.

The recipe for college success is posted on the walls in Williams Hall. It is simple, but not always easy. Go to class. Do the work. Ask for help.

Call it a four-week challenge, make it a bet with a friend, do whatever it takes, but try it for a month. I promise it will change your life. And when (not if) any part of this practice gets hard, come see us in the Center for Student Success, which is available to you—our resources you are paying to access. Show up for yourself. Don’t skip class. Don’t miss your work. This is just too expensive a course to learn the hard way.

Elizabeth Bleicher (she/her) is the dean of Student Success and Retention. Contact her at ebleicher@ithaca.edu.
IC students offer a hand at second-hand center

BY JACQUELYN REAVES
NEWSLETTER EDITOR

At 11 a.m. on a Saturday, some students might be just waking up, but for the student volunteers at the Finger Lakes ReUse center, their day has already started.

Ithaca College hosted their once-a-semester event, “Day of Community Service,” where students can volunteer at a nonprofit for a whole day. This semester, the event was held Feb. 17 at the Finger Lakes ReUse center to conclude MLK Week. The Finger Lakes ReUse center aims to reduce waste, create job opportunities and help save the planet in the process.

At the center, 11 student volunteers made their way to the back of the store and were greeted by Volunteer Coordinator Sam Queen. Queen explained that they would be helping sort through items that were donated, clean them, price them and eventually put them on the shelves.

ReUse provides an alternative to throwing away old items that will end up in a landfill. Queen said he started working at ReUse because he feels that society is very wasteful and sustainability is a cause he is passionate about.

“I’ve seen so much go to waste that doesn’t need to go to waste, and I think it’s especially important in this planned obsolescence economy that we’re in right now, to foster that sense of reuse,” Queen said. “And to give opportunity to these objects and items to go back into use.”

Queen continued to explain the programs that ReUse offers for the community to get involved in the repurposing of old items, like the eCenter, a program that refurbishes computers, Deconstruction railroad, which refurbishes donated computers and allows them to be provided to people looking to get an education, a job or just looking to keep up in today’s world for a fraction of the price of what they cost new,” Queen said.

Jerry Bovay, manager of custom service at the center, also helped guide the student volunteers. Bovay said she started working at the center out of necessity, but she ended up gaining more than she thought she would.

“I started working here because I needed a job,” Bovay said. “I had just moved in with my sister, and I didn’t have a vehicle to get to my other job. So I applied here, and I got hired. I’ve been here almost two years. I’ve come to really enjoy working here.

I love the people and I’ve always been a people-oriented person. Learning the things that I’ve learned here was really interesting. I’ve learned how to think outside the box and say, ‘Well, just because it’s broken, doesn’t mean you can’t use it for something else.’

Colleen Barnes, the administrative operations coordinator of Student Conduct & Community Standards at Ithaca College, said it’s important for students to get involved with events like the day of service because they gain a greater understanding of the community in Ithaca and the impact the community has on them.

“As a student in Ithaca, you should immerse yourself in the community and not just be part of the community because as students within the community, you’ll impact it,” Barnes said.

The volunteers headed back to campus at 3 p.m. Once they were back on campus, they engaged in a discussion about what they enjoyed about volunteering at the center. Queen said the center has learned and possible future community service projects for the day of service. Junior Jordan Orlando said that while she’s visited the center in the past, this time she gained more respect for the people who work there.

“This gave me a greater appreciation for what they do and the importance of volunteering,” Orlando said.

Sophomore Claudie Ouk said that they have a greater understanding of how necessary this work is and that resources like the center should be widely available.

“I had no idea that they had a warehouse that was filled with boxes,” Ouk said. “I was like, ‘Wow, this does matter to people more than we think it does.’

It also makes me sad, because when I graduate and leave here, that’s not [a resource] that’s across the country yet.’”

Bruce Johnson, a longtime member and co-founder of the Fixers Collective, said what he appreciated the most about being a part of this program was that he was able to save something from being thrown away and the sense of community it creates with customers.

“My favorite aspect of being a part of the Fixers Collective] is to not throw something away. … We have that common understanding with anyone coming in,” Johnson said. “It’s just fun to be with people who get excited about learning, it’s a way to get community involvement on a local level.”

Bovay said that while working at the center, she’s found a job that is understanding of where she is and meets her halfway.

“[The staff] know that family comes first,” Bovay said. “I’ve had a lot of jobs. And they always say, ‘Oh, yes, your family comes first,’ but no, they don’t mean that. This job they accept anybody and everyone doesn’t matter: race, creed, pronouns, whatever. There is no discrimination here.”

Queen said the center is grateful for the support from the community and is always looking for more volunteers because of the amount of donations the center receives.

“We are fortunate to be in a community that supports this endeavor,” Queen said. “We are always in need of more support, whether it’s financially, or just volunteers coming in and offering their time and assistance.”

CONTACT: JREAVES@ITHACA.EDU
A joyful, energetic aura emanated from the State Theatre on Feb. 16 as performers of all ages took the stage for the 2024 Black History Month Talent Show. About 200 community members, including many families, watched the show, some of whom danced and sang along through the night. The annual event is organized by the Greater Ithaca Activities Center (GIAC), which presented talent from its youth, teen and adult programs.

Before the performances, GIAC Director Leslyn McLean-Clairborne gave the opening remarks in the form of a piece called, “What is Black History?”

“Black history is our legacy of triumph over fear,” said McLean-Clairborne. “It is every single experience of our history. Black history is the story of you and me.”

She mentioned historic figures like former president Barack Obama, Martin Luther King Jr., actress Ruby Bridges, Ruby Dee. Her speech also mentioned the National Association for the Advancement of Colored People, the Black Holocaust Museum, and the Tuskegee Airmen and CHEYENNE University in recognition of their places in Black history.

Destiny J. B. Hernandez, deputy director at GIAC, also sings professionally by the stage name Destiny La Vibe, performed at the State Theatre of Ithaca on Feb. 16 as part of the annual Black History Month Talent Show. Hernandez said, “The way we are doing that is by using performing arts. … It’s also just a great way to come together and celebrate no matter what your background is. Everyone that was here was here to celebrate Black history.”

In addition to the celebration of Black History Month, the talent show theme was about voter rights. GIAC staff worked a table with voter registration forms for residents and some of the “Black facts” read by the GIAC youth related to voting rights.

Brandon Blas, coordinator for the GIAC Youth Program, said GIAC chose the theme because of the upcoming 2024 presidential election. However, he said his main role was helping to plan and coordinate the performances by the youth groups. GIAC is a nonprofit and a department of the city, which Blas said is why donations are so important to its programming.

“Any donations really help to keep the fees low for the kids,” Blas said. “Childcare is a big expense. I think we have some of the lowest fees in the county … I’m not sure what these funds are allocated for specifically, but it’s all going back into programming for the kids and the community.”

Entertainers from the community also participated, including SingTrece, G-Quan Booker and the Global Creative Family, the Doobie Cotton Singers, the Cornell Majorettes, Phat Flow Factory, Destiny La Vibe and Mbusi.

SingTrece was the first performer to take the stage. She has been participating in GIAC events since 2010 and has performed at several iterations of the talent show. “I absolutely enjoyed the GIAC Annual Black History Month Talent Sing,” SingTrece said. “Being able to be here is really inspiring and knowing that it’s changing people’s lives.”

Some of the performers also used the opportunity to advertise upcoming music releases like G-Quan Booker, entertainer and director of the Global Creative Family — a group he runs through the Southside Community Center. Booker performed a song from his upcoming album, G-Quan, that will be released Feb. 22. He also appeared on stage for dances with the Global Creative Family.

“My role for this talent show specifically was being able to bring my kiddos from GCF to showcase the music that we’ve been working on and express our ethnicities and the collaboration of different music and genres,” Booked said.

Mbusi, who grew up in Ithaca working with the local GIAC programs, said it feels good being able to give back and share his talent with the community.

“Even as everyone is walking out, everyone is hugging each other, loving each other,” Mbusi said. “I feel blessed.”

**Contact: [LTYNE@ITHACA.EDU](mailto:LTYNE@ITHACA.EDU)**
Mother Mother reflects on their growth and death

BY JACQUELYN REAVES
NEWSLETTER EDITOR

Mother Mother released their new album, “Grief Chapter,” on Feb. 16, following their 2021 album, “Inside.” The album was highly anticipated after the band found a resurgence of fans on TikTok during the pandemic. Now that the newfound attention to the band has subsided, “Grief Chapter” finds a way to entertain audiences without it feeling forced.

“Inside” addressed the inner turmoil one goes through in times of self-isolation perpetuated by the COVID-19 pandemic. “Grief Chapter,” much like the title suggests, tackles the feelings of self-loathing, love, questioning religion and thoughts of death. The album opens with “Nobody Escapes,” which at first is deeply upbeat as lead vocalist Ryan Guldemond sings about the inevitability of death.

“My Heart” is a song that is reminiscent of “O My Heart,” a song from 2008’s Mother Mother album titled under the same name. “My Heart” starts off by expressing a desire to go back in the past and heal all the self-loathing and self-inflicted pain. The parallels between “My Heart” and “O My Heart” are interesting because the newer song sounds like a reflection of the latter. While “O My Heart” places the blame on Guldemond for not being able to love anyone successfully, “My Heart” provides perspective and suggests that it’s necessary for him to reflect on the darkest moments of his life.

“My Heart” does a good job of calling back to Mother Mother’s older albums but feeling distinctly different, because even though the themes are familiar, the sound is different. The album doesn’t feel like the band is pandering to the audience that revitalized their career, instead taking the aspects that made them popular, like their unique voices and sound, and fully committing to it.

“Goddamn Sentries Power” is a standout on the album, with Molly Guldemond acting as the lead vocalist for this song. Her vocals and the background sounds of kids playing offer a peaceful interlude and pause to Ryan Guldemond’s darker themes.

“The Matrix” is the ninth track on the album and it marks a shift in the band’s favor. It’s an upbeat track of freedom and expression. The next song, “Grace,” feels like a stronger version of “POP POP POP.” It features the same funk influence and guitar parts add to the verses before it explodes into the chorus. This song conveys dancing as a radical act of freedom and expression.

The lead single of the album, “Dancyer,” featuring electric dance-punk legends LCD Soundsystem, starts the second half of the album with a bang. A flurry of strings starts the song and then the drums and bass jump in right away. James Bond-like guitar parts lead into the chorus. The compressed instrumentation to create a sound that is familiar and unexpected at the same time. However, this new sound does not always work in the band’s favor.

“TANGK” opens with “IDEA 01,” an unconventionally structured song based around a repeating kick drum pattern with scattering piano notes and subdued vocals. The song is essentially one large build up, but it flounders out of place, it really explodes, leaving the listener a bit unsettled. The opener is quickly overshadowed by the following song “Gilt House.” It’s a classic IDLES song with a bit funk influence, particularly in Jon Beavis’ drum part.

“POP POP POP” combines funk inspired drums with driving electronic synths, bass and guitars. Tallet utilizes spoken word and locks into rhythm with the band. Ultimately, the song fails to deliver a satisfying chorus or ending and rather repeats for a while, over-staying its welcome.

“A Gospel” begins with high-pitched eighth note piano chords, which are accompanied by tender vocals. As the song progresses, there are string parts that jump and flesh out the sound. The sweet lyrics and strings are lovely, but the repetitive and bland piano unfortunately stops it from being great.
crossword

By Quill Driver Books

ACROSS
1 Round of applause
5 Claw
10 Do a farmer’s job
14 Fencing weapon
15 Airborne
16 Word in a threat
17 500 sheets
18 Value
19 Soap brand
20 Stretched out
22 Proficient
23 Affected manners
24 “– Only Just Begun”
26 Underweight
29 Very hungry
30 Small boat
33 Courtroom fig.
36 Dr – – (equivalent)
37 Thrifty shopper
38 – Minor
39 Spanish title
40 Book of maps
41 Tumble
42 Arcade game
43 Eyes (Hyph.)
44 Kind of fuel
45 Wrath
46 Frost
47 Change gears
50 Prospering place (2 wds.)
54 Beach area
55 Antielope with twizzled horns
57 Eye part
58 More than
59 Fashion house
60 Depend
61 “The Wild Wild _”
62 Stockholm resident
63 Meas Justifier DOWN
1 “The buck stops –”
2 Summit
3 Unmixed, as liquor
4 Bearing
5 Showcase but tasteless
6 Lotion additives
7 High-ranking aristocrat
8 Frequently
9 To the – degree
10 Blush
11 Tahari or Wiesel
12 Right away
13 Bombard
21 Muses’ number
22 Say with confidence
24 Money earned
25 Perpetually
26 Lots and lots
27 Silk cotton
28 Silly
29 Competitor
30 Caravan stopover
31 Serviceable
32 Play for time
34 Running total
37 Nova
38 Camera lens opening
39 Border on
41 Thailand, previously
44 Simple drawing
46 Sharpened
47 Skuggish
48 Bee colony
49 “– of March”
50 “– Gonna –”
51 Klin
53 Certain vetes
55 Old urban railways
56 Jurisprudence

Polar Pardner

ILLUSTRATION BY JOSHUA PANTANO/THE ITHACAN

In short, that’s why you guys lose!

Fine, Deputy, you win. But we’ll be back...

I wonder how the sheriff’s doing...

Just leave me out here...

But what about our post-victory root beers??

answers to last issue’s sudoku:

very easy

Play Sudoku and win prizes at:

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The Sudoku Source of “The Ithacan”
Nutritionist helps level up athletes

BY TESS FERGUSON
SENIOR WRITER

Although training and competition experience appear to be the most important role in becoming an elite athlete, it is the elements below the surface that truly allow athletes to excel. In December 2023, the Ithaca College athletics department announced that it hired Shira Evans ’06 as a sports nutrition consultant. Since her introduction to the program, Evans has worked with nearly all varsity teams on campus in cooking workshops and sport-specific nutrition programming.

Bassett said Evans will be a readily available resource. “It’s similar to Greg Shelley being a consultant for leadership,” Bassett said. “Now, Shira Evans is a consultant for nutrition and sports performance. A lot of things aligned and I think it was an area that I felt like we needed to improve so we decided to give Shira a try and so far the feedback has been so positive.”

Evans’ hiring is a relatively rare occurrence in collegiate sports. Evans is the first official list nutrition consultant on any Liberty League staff. What makes this standout even more is that the hiring of a nutrition specialist is not even universal in Division I. Out of the 65 Power Five schools in Division I, 50 have a sports dietician, while only 34 schools outside of the Power Five have one on staff.

Evans is an expert in the fields of relative energy deficiency in sport (RED-S), disordered eating and eating disorder care. She said that outside of the workshops she has conducted with teams, she is also a resource available for individual athletes.

“T’ll be able to support student-athletes for any type of nutrition related concern,” Evans said. “Say an athlete is going through ACL reconstruction surgery, nutrition makes a big impact. Or maybe they’re an athlete who is struggling with a lot of nutrient deficiencies or RED-S and is needing support with that. Any sort of nutrition related concern, they can meet with me one-on-one confidentially.”

Prior to Evans’ hiring, the athletics department hosted a nutrition webinar for athletes at the beginning of each semester. Bassett said that although many of the meetings were beneficial, the material was becoming dated and that Evans’ practice will keep the programming more current.

A former collegiate athlete herself, having competed for the Bombers’ cross country and track and field teams, Evans said that being able to give back to the athletics community is what she loves most about her job.

“I’ve also experienced my trials and tribulations of learning how to figure out what works best for me in terms of fueling for performance, and I think it’s so fun getting to support athletes at all levels of nutrition with regard to jobs or their body as an athlete,” Evans said. “I’m able to educate and empower them, whether it’s about a performance related goal or to help improve their own relationship with food or their body as an athlete. It’s just such rewarding getting to work with student-athletes.”

Jennifer Potter ’92, head coach of the women’s track and field team, coached Evans during her tenure as an athlete. The two reconnect-ed in June 2023 when Potter and Erin Dinan, head coach of the women’s cross country team, attended a women in sports conference in Boston, Massachusetts.

There, Potter said she and Dinan began to pick Evans’ brain about how she might interact with the student-athletes at the college and the particular issues they have been noticing.

“We went to lunch with her and got more into like, ‘Hey, how would you adapt this for us?’ And that’s how the conversation started,” Potter said. “We were at one point thinking maybe we could bring her in, maybe bring somebody else in, but the more we met with Shira, the more we were like, ‘Wow, if we could get her on board with our department, she would be a huge asset.’”

From there, Potter said the men’s and women’s cross country teams, track and field teams and swimming and diving teams joined together in fundraising efforts to have Evans visit campus late in the fall semester. Upon her arrival, she met with those six teams, the athletic training staff, the medical staff, the head coaches and the strength and conditioning team.

Potter said Evans’ programming was both sport and event specific, which is extra important in a sport like track and field.

“I think that’s what makes her very unique,” Potter said. “We did a session with our endurance athletes and then we did a session with our strength athletes separately. There’s so many great topics that she can cover.”

Beginning in January, Evans began to have those sport-specific workshops with more varsity teams on campus. First-year student Adle Grant, a member of the college’s field hockey team, said her team joined Evans for a cooking workshop and a nutrition presentation. She said the workshops allowed her team to get more comfortable talking about and working with food.

“We were given a couple of breakfast recipes to choose from and we chose pancakes and smoothies,” Grant said. “Shira was there to guide us, but it was very much student-led. The intention was for it to be a recipe we could bring back into our diets and cook for ourselves.”

Transitioning from high school to collegiate athletics can be a big jump in workload for many athletes. A first-year student, Grant said the workshops with Evans have helped her to navigate the fuel she needs for the amount of training she endures.

“I find myself in the dining hall thinking, ‘What will this meal do for my body?’” Grant said. “We’ve been in the dining hall picking out meals and thinking, ‘This has good proteins, this has good fats, so I think we’ve all just more mindful because of her.’”

As disordered eating becomes increasingly more common among female athletes, Grant said Evans’ professionalism surrounding the topics helped her teammates to feel more comfortable asking questions about how to adequately fuel for practice and competition.

“I know with women athletes, it can be a tricky topic,” Grant said. “There’s a lot of body image issues and there’s a standard of what a female student-athlete should look like, and [Evans] was really emphasizing that you can eat what you want. She placed emphasis on really snacking and fueling before practice, and my team has really taken to that. We’re all pretty thankful for her.”

Returning to her alma mater, Evans said she feels a personal connection to the college’s athletics program and is most looking forward to giving back to athletics that have walked the same path as her.

“When I was a student-athlete, I think these types of resources were so needed for the general student-athlete population for so many reasons,” Evans said. “It feels super exciting to be able to give back in that capacity, getting to work with current student-athletes and giving them this type of resource. I think this is something that’s needed at any sort of school.”

COURTESY OF SHIRA EVANS

Shira Evans ’06 was hired by Ithaca College in December 2023 as a consultant for nutrition and sports performance. Evans will be a resource for athletes and teams. CONTACT: TFERGUSON@ITHACA.EDU
Former Bomber uses socials to build brand

BY DANIEL KING

Senior Writer

Former Ithaca College linebacker Isaac Hadac finds himself still involved in the football world even after his playing days. He found himself training football players, striving to make them the best they can become.

Hadac is the founder of the 5 Star Football Package. The package offered on his website includes piso-sional specific workouts, training tips and nutrition plans. Hadac transferred from Ithaca College after his junior season in 2022 to Division I University at Albany, and made his final collegiate stop at Division II Assumption University.

“[I]t all started from my own training back when I was playing at Ithaca,” Hadac said. “I was just trying to find the best ways that I could become the best player possible and in that process, I learned a lot of things that I’m now able to apply to other people.

Hadac started this journey during the early days of the COVID-19 pandemic. During this time, he realized that with all the training he was doing he should record it and post it on social media.

“For the last two or three years of my college career, I had been posting this stuff myself, basically just showing off what I was doing so it became the best football player I could be,” Hadac said. “Then it took a turn after, I was really like, ‘I don’t know how much football I’m going to be playing anymore. I got to find something new.’ Because you know, I’m not playing, I can’t put this stuff to practice anymore.”

This is when Hadac started reaching out to high school players. He offered to train them free of charge and he said it began to snowball from there. One of the current players he trains is Derek Sylwka ’23, a former defensive back for the Ithaca College football team.

Sylwka is training to earn a shot at a college pro day to showcase his skills to NFL scouts. During his training, Hadac contacted him and offered to help him as he works toward a pro day opportunity.

“When you get another set of eyes, another mind to kind of come up with some stuff, different physio- 

mori drills and all the research he did with that, I think it’s just really helpful as I continue the process with that,” Sylwka said.

While the 5 Star Football Package is what Hadac mainly pushes on his platform, when he has amassed over 150,000 followers on Instagram and 250,000 on TikTok, he has also gone into the supplement business. His company, Muscle Dummies, is a business he helped launch with his brother and fellow bomber football alum Johnny Hadac ’20, who runs a weight loss business called Total Weight Loss on his own.

“I decided that if we’re going to take supplements, we might as well own that company and own the ingredients in everything that we’re putting into the company,” Isaac Hadac said.

Johnny credits Isaac’s football packages to his brother’s love of studying film.

“When [Isaac] was at Ithaca, that’s all he did was going, ‘I don’t know what’s going on here, I don’t know what’s going on there. I want to know everything about it’” Hadac said.

While Hadac has been playing football for many years, he credits a class he took at the college with Brad Brat, an assistant professor in the School of Business, that helped spark his entrepreneurial mindset.

“I had social media going a little bit then, but I wasn’t really making anything from it,” Hadac said. “It was a cool, practical class in the sense that your workload was pushing your business forward, getting your busi- 

ness started, or finding a new idea. I think for him, because you know, he was able to put me on the right track.”

As his goals for 2024, Isaac Hadac plans on enjoying the journey and seeing what happens.

“I don’t know where life’s gon- na take me,” Hadac said. “My social media could blow up, they could do nothing. So, my goal that I have every- 

day is to help as many kids as I possi- 

bly can and that’s all it’s about to me. The more kids I help, the more kids I help become better football players, the more social media grows, the more opportunities come up.”

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Culture shift keeps swimming and diving afloat

BY JACOB INFALD

Staff Writer

Ithaca College men’s and women’s swimming and diving teams have recently moved on from two longtime coaches. This season, with new voices in leadership, the Bombers have continued to have success in the pool while also placing an emphasis on success outside the pool.

Kevin Markwardt led the men’s team for the last 15 seasons, while Paul Miller retired after the 2019–20 season. This season, both the college’s men’s and women’s swimming and diving teams are under the leadership of first-year head coach Mike Blakely-Armitage after being on the coaching staff the previous five seasons as an assistant coach.

Despite a first-place finish at the Liberty League Championships for the women and a second place finish for the men in the Liberty League Championships this past season, Blakely-Armitage said he felt as if his program was not playing to its full potential.

“With that leadership from them direct- 
ed by me really helps them kind of navigate some of these situations and helps everybody stay together,” Blakely-Armitage said. “I think the difference is that the student athletes we now have expect there to be more than just working hard in the pool.”

One of these student-athletes is graduate student Lauren Brady, who said she agrees that the team culture has improved.

Brady said herself and the rest of her teem- mates have embraced having Blakely-Armitage at the helm and even had voiced her support for her head coach during the summer hiring process. Brady along with Ithaca and James Collishaw, a senior on the men’s team, were chosen to sit in the hiring panel.

Brady said Blakely-Armitage’s experience with both teams has helped to aid the transition process.

“We had a lot of support and that relationship with him,” Brady said. “We’ve been used to his prac- tices too since he wrote a lot of them last year.”

While Blakely-Armitage has had to manage both men’s and women’s squads, Blakely-Armitage’s prior coaching experience has set him up for the challenge. Prior to joining the college’s coaching staff in 2019, Blakely-Armitage spent 10 years with Ithaca High School where he coached both men’s and women’s swimming, leading both squads to 10 titles in 15 years.

Despite that prior success, the large teams could have left Blakely-Armitage stretched thin if it were not for a strong, expanded coaching staff which features graduate assistant Aubrey Syron, volunteer assistant coach, now assistant coach Paula Miller; Chris Griffin, longtime aquatics coordinator and head diving coach; and first-year assistant coach Brady Beck.

There were only three full-time coaches on staff for both programs just two seasons ago. One season removed from being an assistant at rival SUNY Cortland, Beck said he shares Blakely-Armitage’s views on team culture.

“Coach Mike and I have a lot in common in terms of ambition and what we want to ac- complish and how we want to accomplish it,” Beck said.

Performance inside the pool has remained strong for both teams. Both sport an identical 10–4 record going into the Liberty League Championships. The teams are feeling ready and eager to attempt to bring home some very familiar hardware.

Blakely-Armitage said he believes his squad is poised to come back even stronger this time around.

“I think we have a very deep team that is going to set us up for that possible championship,” Blakely-Armitage said.

Whatever happens, both coaches are proud of the work their squad has put in all season. The Liberty League Championships will take place Feb. 21–24 at the Kelsey Partridge Bird Natatorium in Ithaca, New York.

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Sophomore Corey Foster performs her balance beam routine at the Ithaca College gymnastics team's most recent meet. They competed against SUNY Brockport for the Harriet Marranca Memorial Invitational. The team has a 2-6 record for the season with two meets left before the NCGA East Region Championships.